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NEW IN THE NEW YEAR

GET A KICK OUT OF THESE NEW WAYS TO GET FIT {page 11}

A walk through the vault of death

Certain research at controversial BU biolab given go-ahead, but first, public fears need to be quelled Officials offer first glimpses inside facility, one of only two in the US Lab was built to study some of the world's deadliest viruses {page 02}

NICOLAUS CZARNECKI/METRO

▶ Mayor Thomas Menino gathered with other city officials yesterday to tour the National Emerging Infectious Disease Laboratories on the South End campus of Boston University.

News

Mitt makes history with win

Becomes first nonincumbent GOP hopeful to win first two state contests Ron Paul comes in second {page 07}

Snoop busted for pot? Really?

When you rap about rollin' down the street, smokin' Indo, it's probably inevitable {page 08}

The happening hoods of 2012

You need to move to Southie before it's too late! {page 17}

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A peek inside the BU biolab

Lab heads say facility safeguards are state-of-the-art ◗ The security measures will be needed as plans call for deadly viruses to be researched there ◗ A look at some of the viruses and how they impact humans

NICOLAUS CZARNECKI/METRO

▶ Before researchers enter a level 4 lab, they will have to put on a $2,600 protective suit. When they exit the lab, they will first have to take a 7-minute decontamination shower.

The Boston University biolab has been causing nerves to shake ever since plans to construct the South End facility were announced.

Now, as some research is set to begin at the $200 million lab, officials are attempting to soothe the nerves by offering a glimpse inside the facility.

"The folks that have been through it … have seen the safety measures in place and they are second to none," said Mayor Thomas Menino after taking a tour of the facility with the media and some members of the public yesterday. "We have to educate folks in the neighborhoods that this is good for the city."

State officials gave permission for the center to begin low-level biosafety research in the facility starting this year. Diseases that fall in to that category include strains of tuberculosis, the Dengue virus and measles.

However, research on the deadliest diseases has not yet been approved.

During yesterday's tour, lab heads touted ventilation systems, $2,600 protective space suits, retina scanners and other safety and security measures to address concerns that have been voiced by the public.

John Murphy, interim director of the center, said that the facility will not only create jobs and provide an economic impact for the city, but it will also help researchers better understand deadly diseases and viruses and in turn better protect public health.

MICHAEL NAUGHTON
michael.naughton@metro.us

The diseases

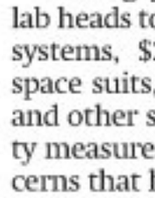
The facility is set up to handle four levels of research. The most deadly and dangerous diseases are rated level 4. Level 4 diseases and their symptoms include:

Ebola can be a sudden onset of fever, intense weakness, muscle pain, headache and sore throat. This is often followed by vomiting, diarrhea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding.

Marburg usually results in high fever on the first day. Fatal cases usually have some form of bleeding, often from multiple sites including the nose and gums.

The what ifs

Because of concerns, Susan Sullivan, the executive director of the Newmarket Business Association, participated in yesterday's tour of the facility. She said there will always be a concern, but that the safety measures provide some relief.



"We all believe that, always in the back of our head, the what ifs. But after [the tour], the what ifs are so minimal," she said.

Quoted

"Whether or not there is a fare increase, we still need a strategy for sustainable support, financial support for our transportation."

GOV. DEVAL PATRICK SPEAKING ON TRANSPORTATION FUNDING BEFORE A MEETING MONDAY.

Today's local tweet

"If you are blocking the door of a packed T, just step off for a second so others can exit, please."

@AEHOLMER, ON HER ATTEMPT TO EXIT A T VEHICLE

Research: Broken hearts can be fatal

BOSTON. Turns out, you really can die from a broken heart.

According to a new study released by researchers at Beth Israel Deaconess Medical Center, patients grieving over the loss of a loved one face a greater risk of heart attack.

Researchers revealed that risk is 21 times greater during the first day.

The Boston Business Journal reported that 2,000 patients were screened to conduct the study, which was funded by the National Institutes of Health. METRO

Rail tickets for Pats game available

FOXBORO. If you're trying to make it to "Tebow Time" Saturday for the Patriots playoff game against the Denver Broncos, you can buy round-trip tickets on the Commuter Rail for $15.

The MBTA is running special trains to Gillette Stadium, which depart from South Station.

Tickets will be available at South Station and Back Bay station in advance until they are sold out or up to 15 minutes before the train leaves. METRO

Mass. hiker dies in NH

MANSFIELD. A hiker from Mansfield died Monday night while climbing Mount Washington.

Patrick Scott Powers, 46, reached the summit, but slipped on the way down, according to the Union Leader.

He died from injuries sustained in the fall, which occurred about 7 or 8 p.m. METRO

800 Powers fell about 800 feet down an icy slope, according to the U.S. Forest Service.

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Mass. among top states for drinkers

BOSTON. Calling it a "bigger problem than previously thought," federal officials yesterday released new data on drinking placing the Bay State among a dozen states with the highest percentage of adult binge drinkers.

More than 38 million U.S. adults binge drink an average of four times a month, according to the Centers for Disease Control. Drinking too much causes more than 80,000 annual deaths in the U.S., making it the third leading preventable cause of death. SHNS

What's binging?

How much is too much alcohol to drink?

- Health officials describe binge drinking as consuming four or more alcoholic beverages for women.
- Men are considered to be binge drinking when they consume five or more drinks on an occasion.

Life in jail for repeat offender

- Man shot drug dealer then pistol whipped witness
- Three prior convictions lead to man's life sentence

A Mattapan man convicted of shooting an alleged drug dealer and beating a witness was sentenced to life in prison yesterday.

Shaheed Abdullah, also known as Sean Fuller, was accused of shooting a 49-year-old Dorchester man in 2008 after meeting the victims for a drug deal at a housing complex on Hartford Street.

According to reports, Abdullah robbed the dealer at gunpoint for cash, a Rolex watch and five bags of crack cocaine before shooting him and injuring him in the hand and leg.

When the witness who set up the botched drug deal entered the room, Abdullah beat the man in the head with the gun and then fled.

Because Abdullah had previous convictions, prosecutors tried him as a habitual offender and he received the maximum penalty possible for this armed robbery, according to prosecutors.

The road to jail

- Abdullah received the maximum penalty because he was deemed "a habitual offender" based on prior state prison sentences.
- He spent time in jail after armed robbery convictions in 1987, 1993 and 1999, according to prosecutors.

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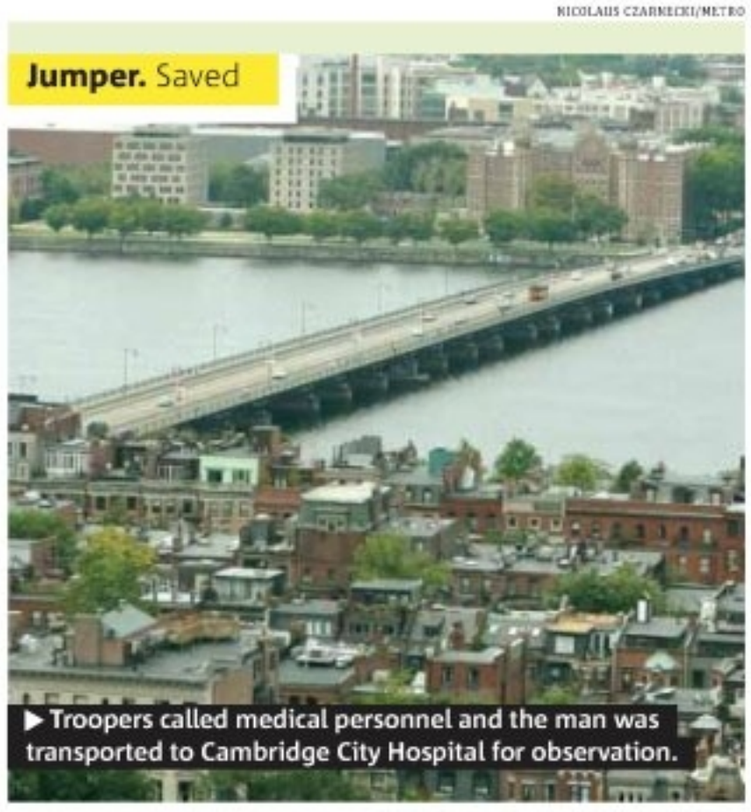
Jumper. Saved



▶ Troopers called medical personnel and the man was transported to Cambridge City Hospital for observation.

Cops save jumper from the Mass. Ave. bridge

State police saved a man from jumping off a bridge and into the Charles River yesterday. According to police, officers received a phone call from a man allegedly threatening to jump from the Massachusetts Avenue Bridge. Trooper Brian Simpkins spotted the man talking on his phone while on the bridge. Simpkins approached the man, but he suddenly began putting his leg over the side. Simpkins rushed over, grabbed him and pulled him back. METRO/SA

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Cashing in on your unused parking spot

UK business expands to US cities ◗ CEO says people can rent parking spots hourly ◗ Hub's parking cost up

NICOLAUS CZARNECKI/METRO

▶ Don't use your driveway? Rent out the space and you could earn cash.

If you have a parking spot near Fenway Park you won't be using for a few hours or extra space in your driveway near a city event, you can rent it out by the hour, day, week or month while raking in some cash.

15%
Parkatmyhouse.com takes a cut of your earnings as commission for providing a platform to rent your space.

Parkatmyhouse.com., which recently launched in Boston and several other U.S. cities, connects homeowners and property managers that have unused parking spaces with drivers looking to park their vehicle.

"You can rent it out for 20 minutes if you want to," said Anthony Eskinazi, founder and CEO of the company. "It's about the convenience."

Eskinazi said it's free to list your space on the site and a good way to connect people who just want to park in the city or near an event for a limited — or long — amount of time.

Eskinazi noted that it's a particular perk for sports fans attending venues like Gillette Stadium.

"You've got thousands of people trying to leave [the lot] at the same time," he said. "Why wait in that if you could be parking in a driveway nearby that you could walk to and from?"

The company, which started in England in 2006, recently received funding from BMWi in order to expand services in the U.S.

Expensive habit

Parking is so limited in Boston that drivers are willing to pay the price:

- Boston daily parking rates increased by 6.3 percent between 2010 and 2011.
- In 2009, an unidentified bidder paid $300K for a parking space in the Back Bay through a deal brokered by Coldwell Banker Residential.

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Historic win for Mitt Romney in NH primary

Mitt strikes election gold with his second win of the primary season Paul takes second, Huntsman third

Former Massachusetts Gov. Mitt Romney won the New Hampshire Republican U.S. presidential primary yesterday by a comfortable margin — his second straight victory in the race to become his party's choice to challenge Democratic President Barack Obama on Nov. 6.

Based on early returns with about 10 percent of the vote counted, U.S. television networks declared Romney the victor. With about 15 percent of the vote counted, the networks said Romney had won 36 percent of the vote with Congressman Ron Paul in second with 25 percent.

The New Hampshire primary is the second contest in the state-by-state battle for the Republican presidential nomination to face Obama. Romney narrowly won the first contest, the Iowa caucuses, on Jan. 3.

The former investment firm chief scored the clear victory despite rivals' fierce 11th-hour attacks painting him as a heartless corporate raider who enjoys cutting jobs. Voters responded to Romney's claim that his private sector experience would help him galvanize the weak U.S. economy.

"I was looking for someone who is smart, knows our country, knows the financial system and how to get the country moving again with jobs," said Eddie Carr, a 77-year-old bus driver who voted for Romney. "I think he can get the country going." REUTERS

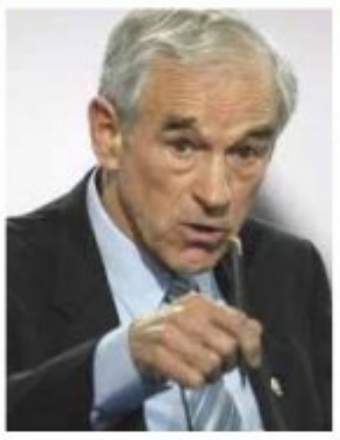
Double victory

Romney became the first Republican who is not an incumbent president to win the first two early voting states, after his slim eight-vote victory over former Pennsylvania Sen. Rick Santorum a week ago in the Iowa caucus.

JUSTIN SULLIVAN/GETTY IMAGES

▶ Republican presidential candidate Mitt Romney has led a field of six GOP candidates.

What about Paul?



Ron Paul, a congressman from Texas known for his strong libertarian views and outsider politics, beat out Jon Huntsman, a moderate former U.S. ambassador to China, for second place in New Hampshire, the small New England state known for its outsized role in presidential campaigns.

▶ Huntsman had about 17 percent of the vote.

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Blue Ivy Carter: Her bling lifestyle

▶ Blue Ivy is reportedly getting a Bugatti, but just in miniature.

Let's spend our time together this morning checking in on America's version of a royal birth, shall we?

I speak, of course, about **Blue Ivy Carter**, who, according to a press release from her two very famous parents, had a very "emotional and extremely peaceful" birth. And, per the release, came into the world "naturally."

You hear that? Not only was the birth peaceful, it was "extremely" so, meaning that **Beyonce** does not vomit or poop herself while bringing life into this world. I doubt she even grimaced or cursed, she is that perfect.

Another perfect (and ridiculous) thing? This baby's bling lifestyle. Beyonce and **Jay-Z** reportedly spent $1.5 million on designer toys and nursery furnishings. "Jay-Z bought Beyonce a solid gold handmade Ginza Tanaka rocking horse for $600,000. They've even splashed out on a $30,000 magical windmill playhouse for the garden and a mini Bugatti car, too," a source tells Britain's Star magazine. "They've bought a wardrobe packed with thousands of dollars' worth of one-off designer baby clothes." Other items reportedly include a Swarovski crystal-encrusted highchair, a chic lucite crib and gold and diamond rattles from Tiffany & Co.

Since the source of this story is Star magazine, let's take this with a grain of salt. A high chair covered in crystals? That has to cause some major diaper rash.

PHOTOS: GETTY IMAGES

▶ Burton, left, and Taylor pause on set in 1972.

Lohan moves on to Lifetime

Lohan

If there is a place for **Lindsay Lohan** (besides rehab), it's the Lifetime network — she is the embodiment of an after-school special. Luckily, it looks like the disgraced starlet has figured that out. After false starts with shots at playing **Linda Lovelace** and **Victoria Gotti**, Lohan is trying the biopic route once again to get her career restarted by signing on to play **Elizabeth Taylor** in the Lifetime Original Movie "Elizabeth & Richard: A Love Story," according to Deadline. The film will focus on Taylor's relationship with **Richard Burton**.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Evan Rachel Wood is uncovering secrets, Chloe Grace Moretz isn't impressed, Jamie Bell is having troubl, and Hugh Hefner is dealing with sick girlfriends.

▶ **@evanrachelwood:** Yes, sometimes celebrities don't wear make up. Shocking, I know. But we can get through this.

▶ **@ChloeGMoretz:** When u don't get a reply on ur text but u see him tweeting #Classy

▶ **@1jamiebell:** Dear tangled headphones in my pocket. You are making me look stupid. Now pull yourself together.

▶ **@hughhefner:** Shera was under the weather last week & this week it's Anna. Keeping my fingers crossed.

Moretz

Talking points

Perry won't do People's Choice

Katy Perry was set to take part in the People's Choice Awards Wednesday, her first public appearance since husband **Russell Brand** filed for divorce, but now she's skipping out on the show. "Unfortunately I will not be able to attend the People's Choice Awards," Perry posted to Twitter. "I want to thank you all for voting for me. Fingers crossed!"

Children actors for Pitt?

With two parents in the business, it wouldn't be surprising if one of **Brad Pitt** and **Angelina Jolie**'s six children decides to give acting a try, and Pitt says he's fine with that — with some conditions. "Whatever they want to do. Whatever makes them happy," Pitt tells Hollyscoop. "But not until they're 18."

Bieber gets paranoid

Justin Bieber is feeling the pressure of success. "Now that I'm on top, everyone wants to bring me down," Bieber tells V Magazine. "Everyone's trying to tug at me and take my spot." The best comparison Bieber can find for his current situation is Floyd Mayweather: "He's the best boxer in the world. Now he is a champion," he says. "Every time he goes to a fight now, people are like, 'He's going to lose this time.'"

▶ Snoop was busted for weed. Shocking, but true.

Oh, you don't say?

Snoop Dogg was arrested for marijuana possession in Texas when a police dog sniffed out some weed on his tour bus recently, according to TMZ. Law enforcement officials say the discovery came during a routine border patrol stop and that the rapper was issued a citation for misdemeanor possession and released. Snoop has a prescription for pot in California, but that might not mean much in Texas.

SAUSAGE GIFT-WRAPPED IN PANCAKE.

Sausage Pancake Bites

DUNKIN' DONUTS

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Curves and leather for Wednesday

1. Tim Gunn — along with JD Roth and Tiffanie Davis — made it work at the TCA press tour on Monday, where he was promoting his new show, "The Revolution."

2. Hello, little black dress. "The Girl with the Dragon Tattoo" star Rooney Mara attended the film's premiere in Rome on Monday.

3. Also at the Film Critics Circle awards: Viola Davis and her amazing one-shoulder dress.

4. Because everyone's day could use a little Marky Mark action: Mark Wahlberg visited the "Late Night With Jimmy Fallon" on Monday.

5. Holy curves! Dolly Parton and Queen Latifah attended the premiere of their new film, "Joyful Noise," at Grauman's Chinese Theatre in Hollywood on Monday night.

6. It's awards season, so get used to seeing these two: Angelina Jolie and Brad Pitt attended the 2011 New York Film Critics Circle awards Monday night.

1. FREDERICK M. BROWN/GETTY IMAGES
2. ERNESTO RESCO/GETTY IMAGES
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Akrobatik bounces back

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▶ Akrobatik is pictured here performing in Atlanta last year, before his aortic dissection.

After an aortic dissection, the local rapper speaks frankly about health, hip-hop and the health of hip-hop

It's tough to argue with Akrobatik's love for hip-hop. But anyone looking to, only need follow the Dorchester native's Twitter account (@AkrobatikMC). He serves up a healthy dose of straight talk, uncut opinions on pop culture, humor and his love for the music. That love has seen him rock crowds all over the world. After a full recovery from what was widely reported to be a heart attack, but was actually an aortic dissection — his aorta split open — he says he is ready to hit the stage for the first time since his emergency room visit.

By the sounds of the recently dropped single "Occupy Hip Hop" from his upcoming album, his heart isn't the only thing that's healthy right now.

"I put that out to let people know that I'm OK and to shed some light on my perspective on the way the game is right now," he says. "That was more like a call to action for people who love and understand the music to speak up for themselves. Just because something sells 5 million copies doesn't mean there aren't 20 million people saying, 'What's up with this garbage?'"

He says he feels like a large part of the population is being left out of mainstream hip-hop.

"There just needs to be something to counteract what we hear daily so we can have more balance," he says.

Q&A: Personal health

How are you feeling these days? Have you fully recovered?
I'm feeling good. I'm as close to 100 percent as I can be. And I'm focused on taking better care of myself. I'm getting back into the swing of things and dealing with being on the road with a packed schedule. It could have turned out way worse, and I'm thankful.

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TV watch list

'One Tree Hill'

DRAMA. The Southern-set soap opera returns for its final season, now following the growing families of Brooke and Julian and Haley and Nathan. But don't worry — we'll find out what Lucas has been up to as well, when original cast member Chad Michael Murray returns for a final farewell later this season.
8 p.m., The CW

'People's Choice Awards'

SPECIAL. "The Big Bang Theory" star Kaley Cuoco hosts this you-pick-it awards show, featuring a very "Harry Potter"-heavy list of nominees and, oh look — nods for Kaley Cuoco and "The Big Bang Theory," too. **9 p.m., CBS**

'Happy Endings'

COMEDY. Megan Mullally returns as Penny's mom, the new girlfriend of Dave's dad (guest star Michael McKean), much to the delight of Penny and horror of Dave. **9:31 p.m., ABC** AMBER RAY

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EVENTS
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A Taste of Judaism: Are You Curious?
Thursday evenings, February 2, 9 & 16, 2012 at Temple Shalom in Newton, Free but pre-registration required, jschwartz@urj.org, 617-928-0012, www.reformjewishoutreachboston.org Explore Reform Judaism's relevance in today's world. Students are invited to learn about Jewish perspectives on topics of spirituality, ethics and community. All are welcome. Questions and lively discussions encouraged. Designed for beginners, Jewish or not. Taught by Reform Rabbis.

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Jillian Michaels-approved workouts for the new year

NEW IN THE NEW YEAR

Fresh off a holiday trip to Paris, Jillian Michaels (formerly of "The Doctors" and "The Biggest Loser") spoke with us about the workouts that everyone will be going to and coming from in 2012.

Correction

In Monday's Wellbeing article "What's in store for 2012," we incorrectly stated that Jennifer Lopez is a Libra. She is in fact a Leo.

MEREDITH ENGEL
meredith.engel@metro.us

For men

Survival of the fittest

"I see men doing things like Warrior Dash. They're into the mud runs. Men are really into that stuff like jumping over the fire and crawling through the mud. Group fitness events are really gaining popularity. And of course, CrossFit ... is continuing to really hold on and gain new followers. It's very cultish, but people really seem to love it. I know that boys love it, and I know a lot of women who love it, but you gotta have a warrior mentality. It's a very aggressive style of exercise."

For women

Ballet-inspired workouts

"I'm hearing about all kinds of fusion classes like Spinning with Barre, Beyond the Barre, Barre Method. I really think that's starting to gain a lot of momentum. I think the promise is flexibility, that you will have a leaner look, that you'll be more functional. It's also a very feminine form of exercise in that it makes you more graceful, it improves your posture, and women want that. Ballet is the ultimate in very graceful, feminine beauty. We want to be badasses, but at the same time we still want that elegance."

For everyone

Anything but run-of-the-mill

Punk Rope: "It's a class around jump-roping. I think it's really underground, but I believe that that's gonna emerge as something kind of fun and trendy for a little while."

Lessons in butt-kicking (beyond Tae Kwon Do): "I think a lot of people are getting into more obscure martial arts modalities like Krav Maga — or Capoeira, which is Brazilian jujitsu."

ANDREW SOUTHAM

▶ One workout Michaels thinks isn't going anywhere is spinning. "[It's] something that has been around for years and continues to just get more and more popular," she says.

More on Michaels

- **Her workouts:** "I like bodyweight types of training like yoga or martial arts."
- **What she snacks on:** "Popchips is a company that I discovered about three years ago and I fell madly in love with them. There's no trans fat, no artificial coloring, no artificial flavors, no MSG, nothing bad. It's a such a great solution for people that don't want to give up foods that taste good. This is America, you know what I mean? We want our cheeseburgers. We want options that taste great that aren't rabbit food. Popchips is a great solution."

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1

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www.urgentcaremanhattan.com

*— **Mark Melrose**, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at **askdrmark@metro.us**.*

One week into 2012, you've likely stumbled on some of your resolutions. Here are some ideas for personal remodeling that are slow but sure ways to a healthier lifestyle:

Eating and drinking: Start a healthier diet and lose weight by moderating portion size. You don't have to clean your plate! Eat more fish, poultry, vegetables and whole grains while limiting red meats, bread, butter and desserts. Drink six to eight 12 oz. glasses of water daily, and snack on fresh fruit or nuts. If you lose one pound every two weeks, come 2013 you'll be more than 20 pounds lighter!

Sleep and stress: There is no such thing as catching up on sleep, so commit yourself to eight hours nightly. Your body needs sleep to restore itself both physically and mentally, and the stress of long-term fatigue will impair your ability to cope with the day-to-day challenges of work, school and relationships.

Exercise: Training for an event a few months off is a great way to inspire regular exercise and target your efforts towards achieving something tangible (a 10K race, a long-distance bike ride, etc.) rather than pursuing an abstract resolution like "I want to be in better shape."

Relationships: Look for "win-win" solutions to disagreements. Try resolving differences with family members in the same way you would with co-workers or your boss. Yelling, making verbal attacks, drawing a line in the sand or digging your heels in are not acceptable at work, nor should they be at home. Be a good listener — and when someone says something crazy, resist the temptation to flip that person off. Instead, say, "I'll consider that" and mull over a reasonable answer.

Health maintenance: Schedule a checkup with your primary care doctor. Try to schedule the first appointment of the day so you don't have to wait. High blood pressure, diabetes and high cholesterol all start sometime, and they are all leading causes of illness and disability if undetected over time.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome.

Roundup

Sports bras

You need support to help you tackle your New Year's resolutions: Get the literal kind with these sporty intimates. Visit www.metro.us to see more of our top picks.

▶ **1. Active by Old Navy:** This holds everything in place, and it's totally affordable.
▶ **2. LIJA Curve Energize:** With a good sports bra — like this one — you should forget you're even wearing it.
▶ **3. Panache:** Made for busty gals of all sizes (bras start at 28DD and go up to 40GG), this bra supports each individual breast, majorly reducing all that bounce.
▶ **4. Nike Pro:** Your girls will stay put as you work up a hot sweat in Nike's cool designs. Plus, this bra feels amazingly soft on your skin.

MEREDITH ENGEL

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Letters

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Military cuts? Not exactly ...

While the Obama administration's new Defense Guidance document has been portrayed as moving to significant cuts in the Pentagon budget, the president himself tells a starkly different story. He said: "Over the next 10 years, the growth in the defense budget will slow, but the fact of the matter is this — it will still grow." We will continue to spend $2.1 million every minute of every day on an unethical and unsustainable military policy. Nearly every other area of federal spending — investing in jobs, health care, housing and education has been cut, putting real security more at risk. Investment in people and communities, increased reliance on diplomacy, and supporting sustainable human security by meeting human needs at home and abroad is what will ultimately make our world more safe and stable.

MARLENA SANTOYO, VIA E-MAIL

Give us a break on Romney!

RE: "ROMNEY RIVALS' TIME RUNNING OUT": We are only at the start of these elections, and all you do is focus on one candidate and talk about predictions. How about we put away our crystal balls and do some actual reporting on the candidates. I'll decide who wins. You, as a citizen, will decide who wins. Mr./Mrs. Fortune teller, as good as they may be, has no place here. Please, just report on some candidates with some information about them.

COLLIN TUKAY, VIA E-MAIL

Blame the Democrats

RE: "WHO TO BLAME FOR OUR WOES?": Most of the liberals in this country have either a very convenient or non existent memory when it comes to "blame."
If you are referring to TARP or Fannie Mae and Freddy Mac as the cause of our financial woes let me remind you they were orchestrated under Democrat leadership. As for TARP, this became a slush fund for the Democrats who took over administering the funds from a lame duck President Bush only months away from his termination. TARP was orchestrated by a Democrat Federal Reserve Chariman and the then candidate Barack Hussein Obama was praised by the media for taking charge in White House meetings to push this agenda through to completion.

NICKY CAPOLUPO, VIA E-MAIL

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♑ Capricorn **Dec. 22-Jan. 19.** Don't let too much time elapse before correcting a business arrangement that needs some readjustment. The calendar isn't your ally.
♒ Aquarius **Jan. 20-Feb. 19.** Consistency is a must if you hope to achieve an important objective. If you do things in fits and starts, it might look impressive but could prove to be unproductive.
♓ Pisces **Feb. 20-March 20.** Make every effort to perform a distasteful assignment properly, the first time around. If you don't, you'll only drag it out by having to rework it over and over until you get it right.
♈ Aries **March 21-April 19.** There may be a good reason why companions will resist using your methods or procedures to accomplish a joint endeavor. Before getting upset, find out why they are opposed.
♉ Taurus **April 20-May 20.** You shouldn't have any trouble achieving your goals, but you could have a problem going after something that you think you want but really don't.
♊ Gemini **May 21-June 20.** Just because someone has a title, it doesn't automatically make him or her smarter than you. Don't be intimidated by rank or position.
♋ Cancer **June 21-July 22.** Although everything might not be optimum or exactly as you'd like, things in general should go rather well for you. Be grateful for whatever you can accomplish or achieve.
♌ Leo **July 23-Aug. 22.** The only way you're going to get any concessions from others is to first show that you're prepared to make some compromises. It's a give-and-take world.
♍ Virgo **Aug. 23-Sept. 22.** Unless duties and responsibilities are equally distributed among co-workers, friction could quickly arise. In a perfect world, each person would see how much she or he could do, not how little they can get away with.
♎ Libra **Sept. 23-Oct. 23.** A friend won't appreciate it if you make light of his or her problems, because the matter is extremely serious to them. Treat it with sensitivity and concern.
♏ Scorpio **Oct. 24-Nov. 22.** Do what you can, and don't expect anything from yourself that you know you won't be able to deliver. If your hopes are unrealistic, you'll be asking for disappointment.
♐ Sagittarius **Nov. 23-Dec. 21.** You're not likely to have much luck trying to sell something that you don't believe in, because your apathy will show. Don't peddle a useless item.

BERNICE BEDE OSOL

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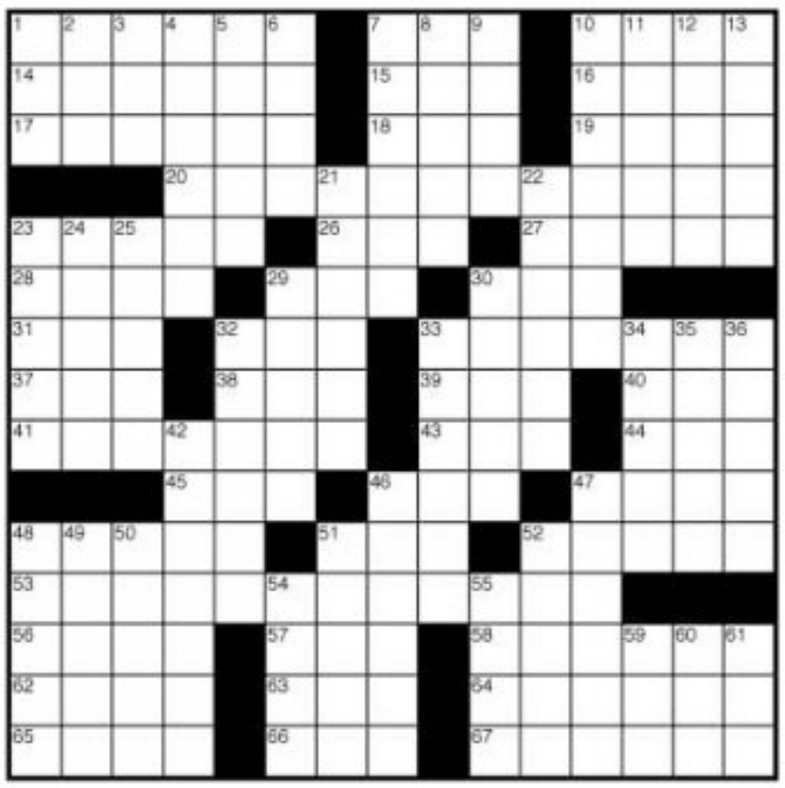

Across
1 Thor's weapon
7 Central
10 Model's asset
14 Sharp cheese
15 "__ to the West Wind"
16 Running track
17 Avoids, as an issue
18 Carpet pile
19 Not frequent
20 Awesome
23 Selflessly
26 Letter after Pi
27 NBA coach Pat __
28 La femme
29 Dell or Acer wares
30 L-o-n-g time
31 Film speed ind.
32 Cry of disgust
33 Arrogant
37 Sleep-stage acronym
38 Miner's load
39 UFO crew
40 Common pronoun
41 Locker item
43 Katharine __ Bates
44 Felt boot
45 Compete at auction
46 Stimpy's buddy
47 Juicy pear
48 Vacuum tube
51 Huge racket
52 Tasty carbohydrate
53 Vitamin C (2 wds.)
56 Kind of spirit
57 Forum hello
58 Fell behind
62 Della Street's penner
63 Tavern
64 Misgiving
65 John, in Ireland
66 USN officer
67 Frontier

Down
1 PM units
2 Swell, in space (hyph.)
3 2001, to Augustus
4 Sculptor's medium
5 Gateway
6 Thorny shrub
7 Calendar pages
8 Oregon neighbor
9 Pt. of LAPD
10 Branching off
11 Take advantage of
12 Chili con __
13 Poem of lament
21 Sagittarius
22 Stir up, as interest
23 Draws closer to
24 Merlin __ of the NFL
25 Hold responsible
29 Fixed potatoes
30 Gnawed away
32 Slower
33 Montana capital
34 Flu shots
35 Clink glasses
36 Desert plant
42 Insect segment
46 Kitchen gizmos
47 Nag, nag, nag
48 Sticky fruits
49 Grenoble's river
50 Florida town
51 Sofa
52 Mover's challenge
54 Bunyan's ox
55 Nightspot
59 Traipse about
60 WNW opposite
61 "__ Rosenkavalier"

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SUDOKU **LEVEL: EASY**

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1								
	4	7					2	
3							9	
2			1		5			6
	6							1
	7					1	3	
								9
6	1			8	2	7	5	4

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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3

Playoffs haven't been kind to Pats recently

Team approaching game as 'just another one' Last postseason victory came in 2007 AFC championship game Jets, Ravens losses linger in the minds of New England fans

You'll read all about it in the newspapers, hear about it on the radio, and watch the coverage on television.

But inside Gillette Stadium — home of the No. 1 seed Patriots — it's just the next game on the schedule. Another day at the office.

"Every single week we prepare the same," Rob Gronkowski said. "That's how we always did it the whole year and nothing is going to change. "

Surprised? Don't be. It's not to say the Patriots are taking this game lightly, rather quite the opposite. The point is that they take every game seriously. While the last handful of games has been against relatively weak opponents (aside from Denver), there's been meaning to each of them.

"It's just another game, because Coach Bill puts such an emphasis on each week," rookie running back Stevan Ridley said. "We don't look ahead or behind, we look on the upcoming game, so it's another game to us. That's how we're treating it.

"It's going to be a playoff atmosphere, it's going to be a big-time game, but we're going to go out there and just play football, you know, just stay calm and try to go out there and play a sound football game."

That would be a welcome change. The last Patriots postseason win was in the 2007 AFC championship game.

"It's a mindset. You go into a game, you have to have a certain mindset," Vince Wilfork said. "You have to be able to perform … if you can't perform well, a lot won't go right for you."

JIMMY TOSCANO
sports@metro.us

GETTY IMAGES

▶ It's hard to believe but the majority of Patriots players, including Wes Welker, haven't won a Super Bowl.

Postseason Pats

A look at the Patriots last four playoff games:

1. **Jets at Pats, Jan. 16, 2011** New York's Mark Sanchez tossed three TDs as the Jets stunned the Pats 28-21.
2. **Ravens at Pats, Jan. 10, 2010** Ray Rice ran for 159 yards on 22 carries as Baltimore bashed the Pats 33-14.
3. **Super Bowl XLII, Feb. 3, 2008** David Tyree's helmet catch ultimately did-in the previously undefeated Pats in a 17-14 Giants win.
4. **Chargers at Pats, Jan. 20, 2008** Laurence Maroney galloped for 122 yards on 25 carries in the last Pats playoff win, 21-12.

In the news

Mayweather calls out Pacquiao

Floyd Mayweather Jr. wants another Cinco de Mayo brawl … or so he tweeted.

Mayweather tweeted, "Manny Pacquiao I'm calling you out let's fight May 5th and give the world what they want to see … My jail sentence was pushed back because the date was locked in. Step up Punk."

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GETTY IMAGES

▶ Delonte West

AARP cards at premium as Celts take on Mavs

This evening the TD Garden floor may resemble a Denny's at 4:30 p.m. as the rickety Celtics take on the equally old Dallas Mavericks (8 p.m., CSNNE).

The C's may actually have an extra spring in their collective steps tonight, however, as they took advantage of a rare four-day break in their brutal 2011-12 schedule. The defending NBA champion Mavs, meanwhile, are on the second night of a back-to-back as they faced Detroit last night at the Palace of Auburn Hills.

Vince Carter, who is about to turn 35 years old and is in his first year as a Mav, has shown signs of life for Dallas. He is the team's third-leading scorer and has been efficient while playing 21 minutes per game.

30.3 The average age on the Mavericks is 30.3, the oldest in the NBA. The Celtics are the fourth oldest at 29.0.

The team is attempting to regain its championship swag on the fly this season as it lost Tyson Chandler (Knicks), Caron Butler (Clippers) and J.J. Barea (T'Wolves) during the brief NBA offseason.

Old friend Delonte West has been playing big minutes for Dallas and seems to be in a good place despite being "banned" from visiting the White House. The 28-year-old point guard claims he's not allowed on Pennsylvania Avenue due to once being caught driving a motorbike with a loaded shotgun strapped to his back.

He did not accompany the champion Mavs when they met with President Obama this week.

"I thought he'd definitely be back," Pierce said. "It's hard to develop chemistry when you bring in a lot of new faces each and every year. That's why I wanted him to come back."

MATT BURKE
matthew.burke@metro.us

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WATCH OUT FOR PANCAKES

Opinion

JASON McINTYRE
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My favorite injuries usually occur in baseball, probably because that sport has significantly less athletic players than football and basketball.

But the early leader for the 2012 "Worst Injury of the Year" is Dustin Penner, a wing on the NHL's Los Angeles Kings. Penner is married to Jessica Welch, a low-level actress you probably have never heard of.

Die-hard hockey fans may know her as the ex-wife of another NHL player, Richard Zednik. They were married for three years before a contentious divorce in which he gave her $1 million in cash.

At any rate, Welch made Penner a nice pancake breakfast, and his back froze to the point that he couldn't stand up. He said, "I just leaned over to dip into some delicious pancakes that my wife made. ... It's just like [the pain] wraps around you and squeezes ... so it was disappointing. Hopefully it's just an isolated incident."

Torrie Wilson is the next blonde on A-Rod's dating tour.

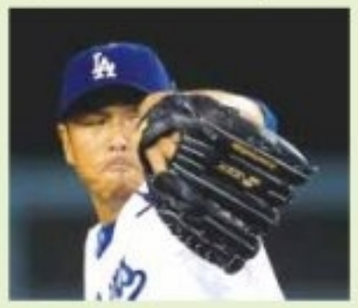
A-Rod pins one more

What's Alex Rodriguez better at — choking in the postseason or finding muscular women to date? Rodriguez, who hasn't hit above .273 in the Yankees' last three playoff series, recently began dating former wrestler Torrie Wilson.

Yes, his girlfriend used to wrestle. I should be careful here, because I've seen the recent photos of Wilson in a bikini and she's got bigger biceps than I do. Wilson is ripped. Her abs look as if they were chiseled from granite. Wilson has posed for Playboy twice, but I wouldn't Google that if you're reading this at work.

–Jason Raj McIntyre covers athletes off the field and runs the popular sports blog, TheBigLead.com.

Sports in brief



Mixed reports on Kuroda

MLB. Free-agent right-hander Hiroki Kuroda was said to be close to signing with the Red Sox according to ESPN, but another source suggested that claim was "baseless," WEEI.com reported yesterday. Kuroda would be a huge addition to the Red Sox starting staff as he had a 3.45 ERA in four seasons with the Dodgers.

Patriots ticket prices to rise

NFL. Season ticket prices for holders in midfield sections on the upper and lower levels at Gillette Stadium will see a bigger bill for the 2012 season.

Lower-level midfield tickets will go for $185. The cheapest season tickets will go for $65 in the upper-level corner.

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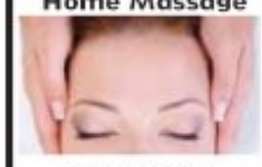

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Hot 'hoods in a cold market

Back Bay, Southie and Kendall are the places to be in 2012 Places that were once eyesores now flourish

Is there such a thing as a hot neighborhood in a cold real estate climate? When it comes to Boston's lush, tree-lined streets and luxury condos of Back Bay, the market is awash with activity. Even first-time buyers want in and are willing to sacrifice space for downtown living.

"The Back Bay is one of the nicest urban neighborhoods in the country. It has exceptional architecture and grandness, which people are willing to pay top dollar for," says Otis & Ahern realtor John Corcoran. "Historically, the closer you are to the Public Garden, the more valuable [the property]. We're seeing prices rising on the other side of Mass. Ave. too. The further toward Kenmore Square, the better deal you will get," he adds.

You've heard it before and you'll hear it in 2012: South Boston is booming!

"We have been talking about it for years, but they're finally getting it right," says Nick Hanneman of Gibson Sotheby's International Realty, who lives in South Boston. "Before, it was all cheap flips of triple-deckers. Now [there's] new construction with good design."

Hanneman lives on West Second, where the recession halted construction, leaving newer buildings sitting among empty lots and buildings with broken windows and overgrown weeds.

"It was a real eyesore. Over the past year, almost every empty lot and abandoned building has been either torn down or renovated. It's tons of obnoxious construction, but property values are rising," he says.

LINDA LABAN
linda.laban@metro.us

▶ Diners at Area 4 enjoy the Kendall 'hood — and perhaps some of them even live in the area.

JILL GOLDMAN

Not so square

Checking out Kendall

Across the Charles River, Kendall Square got a huge boost when Technology Square gave its western border a green space and livability in the shape of casual diner Area 4 and smarter haunt Catalyst. "There was nothing here before," says Area 4 owner Michael Krupp. While lunchtime sees a captive market of biotech workers, locals unite there at night. "We're drawing people from all over, but many are MIT students and renters in Kendall Square."

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Your new year home makeover

Practical, cheap and easy ways to give your place a facelift for 2012

Interior designer tips

We spoke to Michelle Workman, interior designer to stars such as Jennifer Lopez and John Travolta, about a few easy ways to give your home a new year's face-lift.

RICHARD PECKETT
METRO WORLD NEWS IN LONDON

Quoted

▶ Interior Designer Michelle Workman

"The easiest thing to do is paint the walls in a bright color like turquoise, emerald green or coral — all of which are cozy colors for winter."
MICHELLE WORKMAN

Clean up the kitchen

There's splattered cooking oil on the walls, and your appliances are ancient. Instead of ripping out the entire kitchen, Workman suggests painting the hardware in colors like dove gray or black lacquer to give it a fresh, new look. "Alternatively, if you have glass-front cabinets, try wallpapering the interior shelves for a clean, individual-style," she adds.

Wallpaper works great to gussy up old bookshelves as well.

This month at **The Boston Home Center**

Since 1996 The Boston Home Center has helped more than 20,000 Bostonians become successful homeowners. We offer an array of FREE classes on everything from the basics of homebuying to help for homeowners and everything in between. Visit www.bostonhomecenter.com for the latest class list and register now!

BOSTON HOME CENTER UNIVERSITY
January 28th 9:00am - 12:00noon
Mario Umana Academy
312 Border Street, East Boston

Learn all you need to know in just one morning, then meet with mortgage lenders - all under one roof! Come for one class, or stay for them all!

- *Renew Boston: 9:00am – 9:45am*
- *Meet the Lenders: 10:00am – 12:00 noon*
- *Home Repair Info Seminar: 10:00am – 10:45am*
- *Options for Reducing your Mortgage: 11:00am – 12:00 noon*
- *Financial Assistance Workshops: 9:00am – 10:00am & 10:30am – 11:30am*
- *How to Buy Foreclosed Property: 9:00am – 10:30am*
- *How to Buy a Home that Needs Work: 10:30am – 12:00 noon*

Homebuying 101
This eight-hour course is designed for all first-time homebuyers. Includes information about the mortgage process, managing debt, shopping for a home, and legal concerns related to homebuying. This course is required to apply for financial assistance from the City.
January 21 and 28 10:00am-2:30pm
Hyde Park Community Center
1179 River Street, Hyde Park

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Homebuying 102: How to Buy a Condo
A two-hour seminar for graduates of Homebuying 101 providing information on condo ownership and how to shop for, and finance the purchase of a condo
January 19, 6:00pm-8:00pm
Winter Chambers, 26 Court Street, Boston

Homebuying 104: How to Buy a Foreclosed Property
A two-hour seminar including information about the purchase process, legal issues, mortgage and property selection, and home repair resources.
January 24, 6:30pm-8:30pm
Archdale Community Center
25 Brookway Street, Roslindale

Thomas M. Menino, Mayor of Boston
Evelyn Friedman, Chief and Director, Department of Neighborhood Development

Work in more color

CONTRIBUTED

▶ Have fun with bright colors.

"The easiest thing to do is paint the walls in a bright color like turquoise, emerald green or coral, all of which are cozy colors for winter," advises the designer. It's a low-cost way to completely transform a room. Also consider purchasing accessories that you can swap out according to your seasonal moods. Workman suggests Murano glass lamps, which can be easily found at secondhand stores, and accent coffee tables. "They can change the room's aesthetic," she adds.

Embrace upholstery

CONTRIBUTED

Re-upholster your headboard in fabric to add a design change. "Consider using a sumptuous material to give your bed a nest-y feel," explains Workman. "The bedding is essential too," she says. Decorative pillows and throws make big statements with minimal effort. Rotate them based on the season, going for richer colors and heavier fabrics in winter and lighter fare in summer.

Create a bathroom oasis

POLKA DOT

▶ Enjoy some you time in your new spa.

"It sounds clinical, but I do like to see a lot of white fittings in the bathroom — everyone wants their place to look clean," Workman says. "You can make the bathroom more inviting by painting the walls in a warm color — this creates a really intimate ambience. Also, rather than buying all your fittings from Ikea or chain stores, look out for flea markets or auctions where you can pick up really beautiful individual pieces like an antique side table which will do well next to the bath," she suggests. For those of you who don't mind a bit of do-it-yourself, the Los Angeles-based designer says, "Erect shelves above your tub where you can arrange bath salts and candles for a spa-like setting."

Metro Boston Mortgage Guide

Bankrate.com

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15 yr fixed	3.750	0.000	$1164	20%	3.854
30 yr jumbo	4.990	0.000	$164	20%	4.993
15 yr jumbo	4.875	0.000	$164	20%	4.881
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30 yr fixed	4.125	0.000	$959	20%	4.174
15 yr fixed	3.500	0.000	$959	20%	3.585
10/1 jumbo ARM	4.750	0.000	$787	20%	4.063
5/1 jumbo ARM	4.250	0.000	$787	20%	3.375
(C) 292 Cambridge St., Cambridge, MA 02141					*NMLS# 441396*

Legend: The rate and annual percentage rate (APR) are effective as of 1/9/12. © 2012 Bankrate, Inc. http://www.interest.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (BA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept. (loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 700. Conventional loans are based on loan amounts of $185,000. Jumbo loans are based on loan amounts of $405,000. Points quoted include discount and/or origination. Lock Days: 30-60. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms – ex. 360 monthly payments of $5.25 per $1,000 borrowed ex. 180 monthly payments of $7.58 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. **To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636.** • http://metroboston.interest.com

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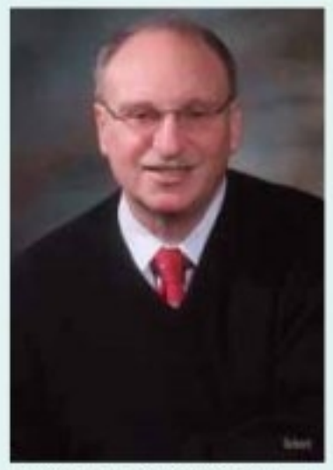

DON'T BANK ON IT!

By Attorney George Warshaw

Imagine. You just sold your house or got a big payday on your job.

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OMG!

You go back to the bank and yell and scream. If you had known, you would have asked for a bank check from your sale or big payday and deposited it instead.

"Sorry, it wouldn't have mattered," you're told. "Even bank checks have to clear. They're not the same as cash or a wire transfer."

If your funds were hung up in the banking system and you needed them to buy a house the next day, where would you be? In default!

Where you bank matters.

At least one major bank treats any check over $5,000 as a large deposit and takes ten days to clear it. Some investment/mutual fund companies take 4 days to clear checks.

So ask about clear periods before depositing large checks.

Or better yet, have your funds sent by wire transfer. It's treated as cash upon arrival at your bank.

Next week: important changes in probate procedures may affect your will. © 2011 George Warshaw.

GWA

George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

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